Questions and notes

Questions you may want to ask your healthcare team

After diagnosis

- ☐ What tests will I need to have and when?
- ☐ How long will I have to wait for results and how will I be given them?
- ☐ Are my bones affected?
- ☐ Are my kidneys affected?
- ☐ Who should I contact when I have questions?
- ☐ Do you have any information I can take home?
- ☐ What help and support is available outside of the hospital?
- ☐ What can be done for the symptoms I have now?

Tests and treatment

- ☐ Should I avoid alcohol, certain foods, or activities like driving while on treatment?
- ☐ Will I have to pay for my prescriptions?
- ☐ Where can I get a prescription exemption form?
- ☐ Will I need to have tests and treatment? If so, when?
- ☐ What are my treatment choices?
- ☐ What would happen if I don't have treatment?
- ☐ How is the treatment given, how long will it take?
- ☐ What are the side effects of the treatment?
- ☐ Is the treatment part of a clinical trial?
- ☐ Can treatment affect my fertility?
- ☐ Can I carry on with work/normal activities (walking, lifting, socialising, having sex) whilst I am receiving treatment?
- ☐ Will I need to change my diet?
- ☐ Can you give me information about the treatment?
- ☐ Should someone come with me when I get the treatment, or the test results?

After treatment

- [ ] How soon will I be able to go back to work or go on a holiday?
- [ ] How often should I have a check up or blood test?
- [ ] Will I receive any other treatments such as bisphosphonates and maintenance treatments?
- [ ] Can I exercise?
- [ ] Can I eat normally?
- [ ] How will I know if the myeloma has come back?

Practical and financial support

- [ ] Where can I find information about finance/insurance, social services, occupational therapy, counselling, etc?
- [ ] Can I use complementary therapies?
- [ ] How do I organise transport to the hospital?

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Notes

This section is yours to use however you find most helpful. You can use this space to write any questions or concerns you would like to discuss with your healthcare team.

You can also note down things that were discussed during your appointments, or you can use this space to reflect on your thoughts and how you're feeling.

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